

Atrium Social Development
SOLUTIONS

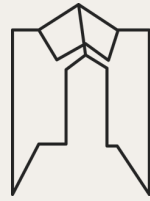
FIND YOUR GROWTH AREA

A simple, honest audit of where your life actually stands right now.

Most people who come to me for coaching don't lack ambition, they lack clarity on where to actually point it. This exercise is designed to fix that in about fifteen minutes.

It's simple on purpose. Rate each area of your life honestly, out of 10, based on how satisfied you are with it right now, not where you think it should be, not what would impress anyone. Just where it actually sits today.

Career / Work	Your day-to-day job or profession: satisfaction, growth, and sense of direction as an employee or professional.	Score: Word:
Business	If you own or run a business: how it's performing, growing, and whether it still excites you as the owner.	Score: Word:
Sport & Performance	If you own or run a business: how it's performing, growing, and whether it still excites you as the owner.	Score: Word:
Health & Body	Your physical health and energy: how well you're looking after your body day to day.	Score: Word:
Relationships	The quality of your connections with partner, family, friends, and community.	Score: Word:
Personal Growth	How much you're learning, developing, and becoming who you actually want to be.	Score: Word:
Finances	Your relationship with money: income, savings, and overall financial security.	Score: Word:
Mindset & Confidence	How you talk to yourself, handle setbacks, and believe in your own ability to change things.	Score: Word:



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S O L U T I O N S

Look at the Gaps

Two areas usually stand out once the scores are down on paper: your lowest score, and the score that surprised you most. Sometimes they're the same one, that's worth paying attention to.

Which area scored lowest?

Which score surprised you? Higher or lower than you expected?

Pick the one area you'd most want to change. What would an 8 or 9 out of 10 actually look like there?

What's one honest reason this area hasn't shifted on its own already?

A Note on What This Isn't

This audit won't tell you what to do next, no worksheet can. What it does is take something vague ("I feel like something's off") and turn it into something specific enough to actually work with. That specificity is where real change starts.

Where to go from here...Clarity is the start. A plan is what actually moves it.

Once you know which area matters most, the next question is always the same one people get stuck on: okay, so what now? That's exactly what structured coaching is built to answer, whether the area you circled was career, business, a relationship, or your performance in sport.

If any of this landed, I'd genuinely like to hear about it.

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